

**PROCLAMATION DECLARING MAY 2026  
MENTAL HEALTH AWARENESS MONTH**

**“More Good Days Together”**

**WHEREAS**, mental health is essential to the overall well-being of individuals, families, and communities, influencing how we think, feel, act, and connect with others; and

**WHEREAS**, Mental Health Awareness Month provides an opportunity to increase understanding, reduce stigma, and promote access to resources and support for those experiencing mental health challenges; and

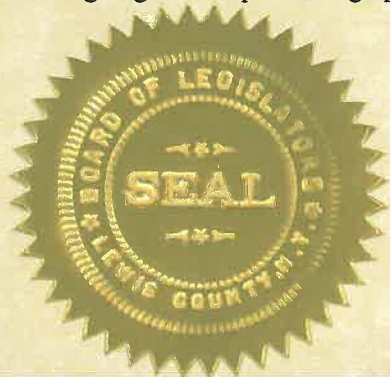
**WHEREAS**, the theme “More Good Days Together” emphasizes the importance of connection, compassion, and collective effort in fostering environments where individuals can thrive and experience improved mental well-being; and

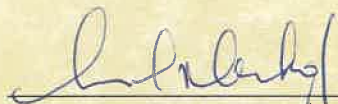
**WHEREAS**, building stronger relationships-with family, friends, neighbors, and colleagues-can help create a sense of belonging and resilience, leading to more positive and fulfilling days; and

**WHEREAS**, it is vital to encourage open conversations about mental health, support early intervention, and ensure equitable access to quality care for all individuals; and

**WHEREAS**, communities play a crucial role in promoting mental wellness by supporting initiatives that prioritize emotional health, reduce isolation, and celebrate recovery and hope;

**NOW, THEREFORE**, I, Lawrence L. Dolhof, Chair of the Lewis County Board of Legislators, do hereby proclaim the month of May 2026, as Mental Health Awareness Month, and encourage all residents to join in observance of “More Good Days Together” by promoting kindness, strengthening connections, and supporting one another in the journey toward better mental health. I call upon all Lewis County citizens, government agencies, public and private institutions, businesses, and schools to recommit our community to increasing awareness and understanding of mental illnesses, reducing stigma and promoting appropriate and accessible services for all individuals.



  
Lawrence L. Dolhof, Chair  
Lewis County Board of Legislators  
Dated: May 5, 2026